**Behavioral Health Workgroup**

**Meeting Minutes**

**April 7, 2014**

**NEXT MEETING: Tuesday, May 13 from 3:30-5 in Room 14 at MCPS Administration building.**

**PRESENT:** Abby Sun, Brennan Drew, Jackson Curtis Smith, Jackson Ottman, Jonny Nolan, Kristie Scheel, Anna Semple and Kelly McGuire taking notes.

* **We discussed the history of the Student Wellness subcommittee, and talked about how to avoid duplicating work of other coalitions.** This group is specifically for wellness projects focused on collaborating with Missoula schools, whereas the Youth Development Network is focused on engaging youth in the community and the Mental Wellness Task Force is more focused on emergency preparedness and crisis intervention. We will strive to provide updates at both groups so that we are all communicating about which group is doing what.
* **We looked at our long-term goals and short-term action steps (see below).** We decided that we needed more information from staff and students before creating more goals and action steps. Anna is already planning focus groups in high schools, so we will tap into the work she is already doing. Anna will draft some focus group questions and share them with us, and we will work to hold focus groups in high schools. We’ll draft our goals based on the feedback we get. *In the meantime, if you have ideas for goals and action steps that you would like to take the lead on, please email Kelly!*
* **MEA workshop session ideas:**
  + Power Up, Speak Out! 6 hour session. Presenters: Travis Burdick & BaLeigh Harper (Kelly)
  + Adolescent brain development: Why do they do that? Presenter: Kathrine Kosmo from St. Pat’s (Brandee)
  + Prescription Drug Misuse/Abuse (Brandee)
  + Alcohol and Decision Making: including the latest products and trends (Brandee)
  + Forum’s “hidden in plain sight” bedroom educational display set up during conference (Brandee)
  + Sex education (Abby)
  + Question, Persuade, Refer (QPR) suicide prevention workshop (Kristie)
  + Benefits of Peer Education (Abby)
  + Choices, decision-making and media literacy (Brennan and Sentinel DECA)
* **Who else should be part of this workgroup?** More students, teachers, counselors, CSCT staff, and nurses. Kelly will write up a synopsis of the workgroup to share with potential participants. Participants should be school staff, students, and people who are actively working in schools on wellness issues and want to collaborate.
* Meeting evaluation:
  + What went well: hearing different perspectives, collaborating on focus groups, having an organized agenda and deadlines, enhancing communication, everyone had an opportunity to talk
  + Room for improvement: getting more school staff and students to attend, using pairs to bring our energy level up, interactive activities, using the whiteboard, talk about specific responsibilities and how to move forward

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| **Long-Term Goals** | | |
| * Reduce teen dating violence reported by students on Missoula County Youth Risk Behavior Survey by 50% in five years (2019). * All Missoula County middle and high school students receive evidence-based healthy relationships education. | | |
| **Action Steps** | **Who?** | **action Date** |
| At least one member of Behavioral Health team will participate in the 2014-2014 Health Enhancement curriculum review team. |  | 2014-2015 Academic Year |
| Recruit practicum students to help facilitate Power Up, Speak Out! workshops and to help train peer leaders. | Kelly | Summer 2014 |
| Host a professional development training for Power Up, Speak Out! | Kelly | August 2014 |
| Distribute Power Up, Speak Out! curriculum kits to all Missoula County middle and high schools and coach health teachers on its implementation. | Kelly | Spring 2014 - Fall 2015 |
| Facilitate focus groups in high schools to obtain student/staff input on what behavioral and mental wellness needs exist in our schools, and draft goals and action steps based on that feedback. | Anna | April-June 2014 |